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Annual ministerial review: implementing the internationally agreed goals and commitments in regard to global public health

Statement submitted by Asia Darshana, a non-governmental organization in consultative status with the Economic and Social Council

The Secretary-General has received the following statement, which is being circulated in accordance with paragraphs 36 and 37 of Economic and Social Council resolution 1996/31.

* E/2009/100.

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Statement*
Prevention will save us

Asia Darshana, an NGO in Roster Consultative Status with ECOSOC has worked for several years in the area of traditional medicine emphasizing the role of preventive medicine. Asia Darshana has been carrying out this work through courses, conferences, publications of the ancient spiritual disciplines and oriental medicine, particularly through the practise of Yoga and Ayurveda. The programme is called, "Prevention will save us".

"Prevention will save us" focuses on traditional medicines and professional collaboration between experts of holistic therapies, yoga master and public hospitals, schools, universities, hospices for the elderly, kindergartens, etc.

It is necessary to invest in prevention and on integration of the two disciplines, the ancient and traditional methodologies on one end and emphasizing its role in prevention and the modern medicine for its scientific advances.

At the policy level, it is essential to improve public health in general, especially for the people living in poverty who do not have access to expensive medicines through the promotion of traditional medicine. This will mean to pull down expenses for the drug consumption, the absences from the workplaces, and to reorganize part of the world-wide economies.

If a person is well in the body and above all from the psycho-emotional point of view, he/she manages better the family, the job atmosphere, the society. In a moment of total economic crisis, it is pertinent to reduce costs, and for promoting better public health, there is nothing better than to adopt traditional methods. According to ancient traditional medicines *all it is mind*, the Yoga, the massages and the ayurvedic manual techniques, the use of medical herbs (lacking in collateral effects), act mostly on the equilibrium that it maintains and it restores the total health. The Traditional Medicine and Yoga represent the greatest system accessible, economic and to all.

The project "The prevention will save us" has obtained the consent of Indian Embassy in Rome, the Ministry of Public Health and Social Policies. The first public hospital pilot will be "Policlinico Gemelli" in Rome, home to a famous Research University, also known as the Pope's hospital, State of the Vatican controlled. Yoga will be introduced first in collaboration with the national public health system in the area of Geriatrics. Classes will be held in the presence of a doctor to ensure close cooperation with a very expert and highly qualified master yoga. This initiative will be documented through a documentary that will be distributed, with the support of public administration, in the most important Italian hospitals.

It is important to note here that there is a distinct acknowledgement and recognition of the role of traditional medicine also in the developed world.

* Issued without formal editing.